



Monroe County Youth Risk Behavior Survey

2003 Report

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Introduction

Background

The Monroe County Youth Risk Behavior Survey was conducted in public high schools for the sixth time in 2003. The Youth Risk Behavior Survey, designed and validated by the Centers for Disease Control and Prevention (CDC), has been conducted nationally and in several states and localities since 1990. The goals of the survey are to assess health risk behaviors among high school students, to monitor changes in these behaviors over time, to broadly evaluate the impact of preventive programs, and to monitor progress in the achievement of relevant Objectives for the Year 2010 presented in the report: *Healthy People 2010*. Local survey results assess the health risks of public high school students in Monroe County. These data can be compared to those of other localities. Monroe County schools, service providers and health planners use these data as a base on which to develop interventions to reduce behaviors contributing to disease, injury and premature death in the young adult population. Repeated surveys have been used to evaluate (in the aggregate) the results of these interventions, measure change over time and benchmark achievements with New York State and the United States.

Methodology

A random sample of public high school students in Monroe County was developed with a projected 5% margin of error and an 80% response rate. A random sample of classes from each school was selected and students from these classes participated in the survey voluntarily. Once classes were selected, substitution was not allowed.

All but one of the school districts in Monroe County participated in the survey. From a population of students in 32 schools, 1,959 students were selected to be surveyed. Of these, 1,698 or 87% completed the survey.

Through a contract with a data processing firm, data were scanned and entered into Epi-Info and Excel files for analysis. Responses to each question are presented in the appendix.

Nine school districts conducted the survey at the district level in 2003 in addition to contributing to the overall county sample. These districts will be able to describe the level of risk behaviors of adolescents in their own districts and compare their results with the county data.

Data Comparison

There were significant differences in the distribution of grade and gender of the students in the 2003 survey when compared to other years. To eliminate the influence of possible differences in grade and gender, a standard population was created. The standard population combined the populations in public high schools in Monroe County in 1992, 1995, 1997, 1999, 2001 and 2003.

Rates for each survey year were re-calculated adjusted to the standard population. These adjusted data were used for the trend analyses discussed in this document. However, only unadjusted rates are displayed to avoid confusion for those who might want to compare data from a district survey to the county. Unadjusted rates are used to report the prevalence of behaviors and also to compare Monroe County data to the United States and the Healthy People 2010 Targets. Detailed data are available upon request to Melissa Gray at 274-6075.

Organization of the Report

The report is divided into a Results Summary Section and an Appendix. The Results Summary Section provides a summary for each category of questions along with trends over time and comparisons to the United States 2003 YRBS and the Healthy People 2010 Targets. Responses to each question are displayed in the Appendix.

Results Summary - Youth Risk Behavior Survey, 2003

Self-Reported Risk Behaviors of Monroe County Public High School Students **(Unadjusted rates)**

Unintentional Injuries

- 78% rarely or never wore a helmet when they rode a bike in the past 12 months.
- 30% rode in a vehicle in the past month with someone who had been drinking alcohol.
- 12% drove a car in the past month when they had been drinking alcohol.

Intentional Injuries - Violence

- 15% carried a weapon in the past month.
- 5% carried a gun in the past month.
- 27% were in a physical fight in the past 12 months.
- 6% did not go to school in the past month because of safety concerns.
- 12% were physically hurt on purpose¹ by their boyfriend or girlfriend in the past 12 months.
- 9% were ever forced to have sexual intercourse.

Intentional Injuries – Suicide Risk

- 27% felt so sad or hopeless almost every day for 2 or more weeks in the past 12 months, that they stopped doing their usual activities.
- 16% seriously considered attempting suicide in the past 12 months.
- 12% attempted suicide in the past 12 months.
- 5% had a suicide attempt in the past year that resulted in an injury that required treatment by a doctor or nurse.

¹ Hit, slapped or physically hurt.

Tobacco Use

- 20% are current smokers.²
- 7% smoked on 20 of the past 30 days.
- 59% of *current daily smokers*³ tried to quit smoking in the past 12 months.
- 20% of *current smokers*² under age 18 bought cigarettes from a store or gas station in the past month.
- 8% of *males* used smokeless tobacco in the past month.
- 13% smoked cigars in the past month.

Alcohol Use

- 75% ever drank⁴ one drink of alcohol.
- 44% drank alcohol⁴ in the past month.
- 27% of all students and 39% of *high school seniors* drank heavily⁵ on one or more days in the past month.

Drug Use

- 41% ever used marijuana.
- 23% used marijuana in the past month.
- 4% used cocaine in the past month.
- 5% sniffed inhalants such as glue, spray cans or paints to get high in the past month.
- 6% ever used ecstasy.
- 31% were offered, sold or given an illegal drug on school property in the past year.
- 9% ever took over-the-counter drugs to get high.
- 9% ever took a drug prescribed for someone else to get high.

² Smoked cigarettes on one or more days in the past month

³ Smoked cigarettes every day during the past month

⁴ Includes beer, wine coolers, and liquor. Doesn't include drinking for religious purposes

⁵ 5 or more drinks of alcohol in a row, within a couple of hours

Sexual Behaviors

- 43% have ever had sexual intercourse.
- 29% are currently sexually active⁶.
- 12% have had four or more sex partners in their lifetime.
- 92% of all students either abstained from sex in the past three months, or used a condom the last time they had sexual intercourse.
- 69% of *currently sexually active*⁶ males used a condom the last time they engaged in intercourse.
- 50% of *currently sexually active*⁶ females used a condom the last time they engaged in intercourse.
- 22% of *currently sexually active*⁶ males and 26% of females used a birth control pill before their last sexual intercourse.
- 46% ever participated in oral sex.

Physical Activity and Nutrition

- 64% engaged in vigorous⁷ physical activity for 20 minutes on each occasion, on 3 of the 7 days preceding the survey.
- 26% engaged in moderate⁸ physical activity for 30 minutes per day, on 5 of the 7 days preceding the survey.
- 4% attend physical education classes every school day.
- 31% watch 3 or more hours of television on a typical school day.
- 59% played on one or more sports teams in the past year.
- 29% described themselves as overweight.
- 46% of all students were currently trying to lose weight.
- 61% of all students exercised to lose weight or avoid gaining weight in the past month.
- 42% of all students ate less food, fewer calories, or foods low in fat to lose weight or avoid gaining weight in the past month.
- 30% of males and 17% of females drank 3 or more glasses of milk per day during the past week.

⁶ Have had sexual intercourse in the past 3 months

⁷ Physical activity that made them breathe hard or sweat

⁸ Physical activity that did not make them breathe hard or sweat

Preventive Health Care

- 81% saw a doctor or health care provider in the past year for a check-up or physical when they were not injured or sick.
- 50% reported that during their last check-up, the doctor or health care provider discussed ways to prevent pregnancy, AIDS or other STDs.
- 32% reported that during their last check-up, the doctor or health care provider discussed ways to avoid alcohol use.
- 33% reported that during their last check-up, the doctor or health care provider discussed ways to avoid tobacco use.

Trends 1992-2003

(Based on adjusted rates)

Over the past decade the prevalence of certain risk behaviors among Monroe County public high school students have improved while the prevalence of others have worsened or stayed the same. Below is a table listing measures that either improved or worsened. If a measure is not listed, it did not show a significant trend in either direction, or the measure was new in 2003. New measures are noted in the Appendix.

Risk Category	Measures	Better	Worse
Unintentional Injuries	Used a bike helmet rarely or never when riding a bike in the past year	X	
Intentional Injuries—Violence	Carried a weapon in the past month	X	
	Carried a gun in the past month	X	
	Carried a weapon on school property in the past month	X	
	Engaged in a physical fight in the past year	X	
Intentional Injuries-Suicide Risk	Considered suicide in the past year	X	
	Made a specific plan about a suicide attempt in the past year	X	
	Attempted suicide in the past year		X
	Suicide attempt in the past year that resulted in an injury that required medical treatment		X
Tobacco Use	Current smokers ⁹	X	
	Smoked cigarettes before age 13	X	
	Ever smoked daily	X	
	Smoked on school property in the past month	X	
	Ever tried cigarettes	X	
	Used smokeless tobacco in the past month	X	

⁹ Smoked cigarettes on one or more days in the past month

Risk Category	Measures	Better	Worse
Alcohol Use	Drank one or more drinks of alcohol ¹⁰ before age 13 Drank heavily ¹¹ in the past month <i>of high school seniors</i>	X	X
Drug Use	Marijuana use Ever sniffed glue, spray cans or paint to get high Offered, sold or given an illegal drug on school property in the past year	X X	X
Sexual Risk	Ever had sexual intercourse Currently sexually active ¹² Had sexual intercourse before age 13 Had sexual intercourse with 4 or more partners in their lifetime Used birth control pill before last intercourse <i>of currently sexually active males</i> ¹² Abstained from sexual intercourse in the past 3 months <i>of those who are currently sexually active</i> ¹²	X X X X X	X
Nutrition	Think they are overweight Exercised to maintain weight or prevent weight gain	X	X
Physical Activity	Engaged in vigorous physical activity ¹³ for 20 minutes each occasion, on 3 of the last 7 days preceding the survey Attend daily school physical education classes		X X
Preventive Health Care	Saw a doctor or health care provider for a check-up or physical in the past year During their last check up a doctor or medical provider discussed with them ways to prevent pregnancy, AIDS or other STDS During their last check up a doctor or medical provider discussed with them ways to avoid alcohol use During their last check up a doctor or medical provider discussed with them ways to avoid tobacco use	X X X X	

¹⁰ Includes beer, wine coolers, and liquor. Doesn't include drinking for religious purposes

¹¹ 5 or more drinks in a row within a couple of hours

¹² Had sexual intercourse in the past 3 months

¹³ Activities that made them breathe hard or sweat

Areas where Monroe County rates are better or worse than rates in the US in 2003
(Based on unadjusted rates)

Risk Category	Measures	Better than US	Worse than US
Unintentional Injuries	Used a bike helmet rarely or never when riding a bike in the past year	X	
Intentional Injuries- Violence	Carried a weapon in the past month Engaged in a physical fight in the past year Threatened or injured on school property in the past year Had property stolen or deliberately damaged on school property in the past year Were hit, slapped or physically hurt by a boyfriend or girlfriend in the past year	X X X X	 X
Intentional Injuries- Suicide Risk	Made a specific plan about a suicide attempt in the past year Attempted suicide in the past year Suicide attempt in the past year that resulted in an injury that required medical treatment	X	 X X
Tobacco Use	Current smokers ¹⁴ Current frequent smokers ¹⁵ Smoked cigarettes before age 13 Ever smoked daily Ever tried cigarettes Used smokeless tobacco in the past month	X X X X X X	
Alcohol Use	Drank one or more drinks of alcohol ¹⁶ before age 13	X	
Drug Use	Tried marijuana before age 13 Ever used illegal steroids Ever sniffed glue, spray cans or paints to get high Ever used methamphetamines Ever used ecstasy Offered, sold or given an illegal drug on school property in the past year	X X X X X	 X

¹⁴ Smoked cigarettes on one or more days in the past month

¹⁵ Smoked on >=20 of the past 30 days

¹⁶ Includes beer, wine coolers, and liquor. Doesn't include drinking for religious purposes

Risk Category	Measures	Better than US	Worse than US
Sexual Risk	Ever had sexual intercourse	X	
	Currently sexually active ¹⁷	X	
	Had sexual intercourse with 4 or more partners in their lifetime	X	
	Used birth control pill before last intercourse, <i>of sexually active females</i> ¹⁷	X	
	Used a condom during last intercourse, <i>of sexually active females</i> ¹⁷		X
Nutrition and Physical Activity	Unhealthy or extreme diet practices to lose weight ¹⁸	X	
	Consumed 3 or more glasses of milk per day in the past week	X	
	Exercised to lose weight or avoid gaining weight in the past month	X	
	Watch >=3 hours of TV on an average school day	X	
	Engaged in strengthening exercises 3 or more times in the past week		X
	Attend daily physical education classes		X

**Areas where Monroe County rates have met the US Healthy People 2010 Goal
(Based on unadjusted rates)**

- Physical fighting
- Weapon carrying on school property

¹⁷ Had sexual intercourse in the past 3 months

¹⁸ Fasted for 24 or more hours or took diet pills/powders or liquids to lose weight, without getting their doctor's advice.